

DESERT AIRMAN

Vol. 60, No. 30

Davis-Monthan Air Force Base, Ariz.

Friday, July 28, 2000

Around D-M

Blood drive

The Red Cross blood drive will be today from 8:30 a.m. to 3:30 p.m. at the community center. Donors should drink plenty of extra caffeine-free fluids and eat a good meal two to four hours before donating. Volunteers are also needed for set-up and tear-down, as escorts and at the sign-in desk. Call Tech. Sgt. Liz Santamaria at 8-9048 or the Red Cross at 917-2820 for more information or to make reservations. Walk-ins are also welcome.

Tops in Blue

See the U.S. Air Force's premier entertainment showcase when Tops in Blue comes to the Tucson Convention Center, Aug. 4. The free performance is at 8 p.m.; doors open at 7:30 p.m. Tops in Blue 2000 consists of the best talent the Air Force has to offer. Transportation will be provided from the community center at Davis-Monthan Air Force Base to the Tops in Blue performance. Call Mike Russo, D-M coordinator for Tops in Blue, at 8-3717 for information or to make reservations for transportation. The TCC charges \$4 per vehicle for parking.

**Days since
last D-M DUI:**

26 

**Need a ride? Call Airmen
Against Drunk Driving
at 850-2233.**

(Current as of Thursday)



2nd Lt. Danielle Burrows

One of the two Cooper's hawk nestlings rescued by Airman Leadership School students.

ALS students help rescue baby hawks

By 2nd Lt. Danielle Burrows
Public affairs

Two young flyers, found wandering around the Airmen Leadership School at Davis-Monthan Air Force Base, are being sent home to their parents.

The pair are siblings, young nestling hawks, found last week by ALS students.

"The students were cleaning up when they found the (first) bird next to a tree," said Gwen Lisa, 355th Civil Engineer Squadron natural resource advisor, also known on base

as the "bird lady."

"They called the pest management shop, who picked him up and brought him to my office. He was quite dehydrated and appeared to not have eaten for a while."

The second bird was found trying to climb the stairs in the ALS building, she said.

The birds are Cooper's hawks, small hawks with gray wings and backs and copper-colored speckled breasts in adult plumage. Although they are quite common in Tucson, there was only one nesting pair on the base, according to Lisa.

"They have been nesting on the base perpetually for several years in a small area in military family housing. These nestlings came from a newly discovered nest in front of the ALS dorm," she said.

The two birds most likely fell out of the nest. At 3 to 4 weeks old, Cooper's begin to "branch." Because they are generally too big to sit in the nest at this age, especially when there are four or five of them, they start to stand on the edge of the nest and "branch" out by standing on the tree limbs, according to Lisa.

See Baby Page 5

Commander's Corner

Commander's Salute

This week, I salute **Airman 1st Class Catherine Leopard, 355th Operations Support air traffic controller**, who helped the American Red Cross collect 35-pints of blood during the blood drive.



Col. Bobby Wilkes
355th Wing Commander

Supporting each other and working together to provide the best programs and services is a common goal we all share as members of Team D-M.

Ideas, suggestions, comments and kudos are an important ingredient for continuous improvement.

The fastest way to pass along comment or to get an answer to your concern is to contact the agency chief or functional manager listed here.

Still no solution? The Commander's Corner phone line is available 24 hours a day, or you can send an e-mail to us at: 355thWing.CommandersCorner@dm.af.mil.

If you leave your name, phone number and a message, you'll receive a prompt reply, either in writing or by telephone. We will honor your confidentiality, but sometimes we need to contact callers to gather additional information. If your concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published in the newspaper, we recommend you leave a contact phone number if you'd like us to provide an answer.

AAFES Agencies	748-7887	Inspector General	8-5633
Accounting and Finance	8-4964	Legal	8-5242
Chaplain	8-5411	Lodging	8-4845
Civil Engineering	8-3401	Military/Civilian	
Clinic	8-2930	Equal Opportunity Office	8-5509
Commissary	8-3116	Military Personnel	8-5689
Dining Hall	8-5501	Public Affairs	8-3204
Family Support	8-5690	Security Forces	8-6178
Fitness Center	8-4556	Services	8-5596
Housing Office	8-3687	Transportation	8-3584

On-base beauticians

Comment: I am calling about the firing of the African-American beautician at the base beauty salon. I had an appointment there. She was the only Black beautician at the salon. I need to know what is going on and cannot get an answer from the base beauty salon.

Response: Thank you for using the Commander's Corner and allowing us to answer your concerns. All associates at the base beauty shop are certified in Black hair care. The only African-American beautician at the shop is PCSing with her spouse, but is still available and on call for work at the shop. The beauty shop manager is actively recruiting a Black hair stylist for the shop. Shop management recognizes many customers are more comfortable with an African-American providing Black hair care.

The one beautician who was interviewed and thought to be satisfactory turned out to be unsuitable. AAFES and beauty shop management are very interested in recruiting qualified and acceptable individuals to do Black hair care at the shop and will continue the recruitment process.

Fresh Sandwiches

Comment: I would like to highlight the excellent service I receive every time from William Robinson in the commissary's deli. I always come in during lunch and

he makes me a fresh sandwich. However, I was recently told by deli employees that they no longer make fresh sandwiches. I was told that I have to buy the pre-made sandwiches, which are not as big, not as fresh and cost more. I'd like to know why this decision was made, and if there is any way the deli department can start making fresh sandwiches again. I'm now going off-base to get fresh sandwiches, but would rather spend my money to support base businesses.

Response: Thank you for taking advantage of the Commander's Corner program and for providing us the opportunity to respond to your question. First of all I would like to thank you for your favorable comments about William Robinson. I have informed his supervisor about your comments. Second, I would like to apologize for any inconvenience you may have experienced during your commissary visit. You have been given the wrong information by one of our employees. You can get fresh-made sandwiches, sliced meats and cheese freshly cut at any time. A sign is now posted in the deli stating that they will gladly make a sandwich or slice meat, or cheese to order.

Also, pre-made sandwiches are made fresh every morning. If you have any more problems please ask for the deli or store manager and they will be glad to help you.

Call Michael Howell at 8-3244 for more information, comments and suggestions.

Your Final Answer?

What would be the one thing you would change about Davis-Monthan Air Force Base?



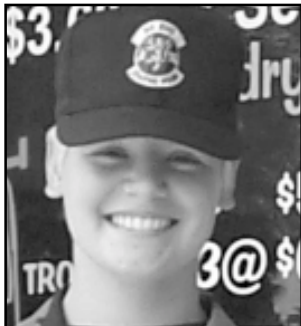
Staff Sgt.
Troy Perry
355th Civil Engineer Squadron

"It would be the TRICARE system. The data entry system needs to be more user friendly."



Master Sgt.
Jose Sotelo
355th Transportation Squadron

"First sergeants more involved in the decisions that involve base wide policy changes and implementation."



Airman 1st Class
Megan Thometz
355th Equipment Maintenance Squadron

"Actually I like D-M. It's much better than other bases where I've been assigned."



Tech. Sgt.
John Gender
355th Logistics Support Squadron

"I'm happy in my job. Supervision looks out for its people, and takes action to make it (the base) a better place."



Staff Sgt.
Craig Rozell
355th Wing

"I would add an indoor swimming pool so people can swim laps year round."



Tech. Sgt.
Mike Engstrom
355th Training Squadron

"A more consolidated process that organizes in-and out-processing would allow our members better time management."



Senior Airman Amie Gannon

(Above) Col. Bobby Wilkes, 355th Wing commander, officially re-opened the Whiskey ramp for Compass Call operations by taxiing the Scorpion Herk, 41st Electronic Combat Squadron's EC-130H, onto the newly upgraded ramp July 24. The re-opening ceremony began with the Scorpion Herk followed by the Bat Herk, 43rd ECS EC-130H, taxiing onto the runway, signifying the first aircraft to use the ramp since its closure Jan. 3. Lt. Col. Glyn Bolasky, 41st ECS commander, accompanied Wilkes in the Scorpion Herk and The Bat Herk was piloted by Lt. Col. John Lilly, 43rd ECS commander; Col. Daryl Hausmann, 355th Operations

Group commander, was his passenger. Members of the 355th Civil Engineer Squadron, after completing the six-month project, had increased the parking and taxi through parking areas by 228, 000 feet, providing the necessary 20-foot wingtip spacing to meet regulations, replaced parking lights which had become problematic with new stadium lighting and installed a new fuel bowser containment area to meet environmental requirements for the containment of possible fuel leaks. Members of the 355th CES, through their hard-work, improved the overall usefulness of the ramp.

Advertising

Construction projects to better members' quality of life

By Karen Halstead
Public affairs

Construction and renovations in on-base housing, the clinic, at installation access gates and intersections, the base exchange and the chapel are just some of the ways the 355th Wing is addressing life initiatives for its members.

Davis-Monthan Air Force Base has several construction projects underway or scheduled around the base.

Housing construction

Housing residents in the Palo Verde Village are already seeing the progress of a multiple phase housing construction project that will provide 64 new housing units. The project is an \$8.6 million military construction project expected to be finished in mid-February 2001.

Current site work is now being completed on the infrastructure, including utility and sewer work. The design for housing units was recently approved. James Barker, 355th Civil Engineer Squadron chief engineer, expects the actual work on the housing units to begin in September.

This construction project includes demolition of housing units along Starfire, Lightning and Mustang streets.

As housing occupants vacate the residences scheduled for demolition they will remain empty. Residents who remain in the units scheduled for destruction will be moved into new on-base housing units so demolition can be accomplished.

"All the residents who will need to move have already been notified," Barker said.

Another project planned for on-base housing areas are pothole repairs in the streets of Palo Verde Village. Repairs are scheduled to begin in late summer.

"We are going to provide assistance by repairing the potholes now, but next fall after the electric, sewer and water lines are upgraded we will have new roads in that area," according to Barker.

Units in Palo Verde which have leaky roofs are also scheduled for renovations this fall, according to Barker.

"We will overlay the existing leaky roofs with a new layer of roofing," Barker said. "We can't afford total new roofs at this time, but understand the leaking situation must be remedied."

Barker expects the overlay to add 10 years to the life of the roof and give civil engineers time to adequately fund total house replacement.

Clinic construction

Construction on a new Ambulatory Health



Karen Halstead

One of the many construction sites on and planned for Davis-Monthan Air Force Base to help improve the quality

of life for D-M members. This is a project currently under way in the on-base housing area of Palo Verde.

Care Center is slated to begin this fall. "It's going to be a giant clinic," according to Barker.

The current clinic, Building 400, will remain completely functional to provide uninterrupted service to customers during the construction of the new facility.

The current construction plan requires removal of Buildings 404, 406, 412 and 413 to make room for the new clinic and accompanying parking area. The new facility will be built in what is now the south parking lot.

The project will be awarded to the contractor with the winning bid in August. The project is expected to be completed in 2002.

Gates and intersections

The city of Tucson will add double turn lanes in all four directions at the intersection of Craycroft and Golf Links roads. Construction is expected to begin in November after the air show.

"It usually takes the city about 90 days to complete intersection improvements," Barker said. "We will try to keep the main gate open during this construction project."

While the city of Tucson is footing the bill for the intersection construction, D-M will pay for construction at the Wilmot Road gate, according to Barker. "We are going to make improvements to the Wilmot gate," he said.

Scheduled improvements include adding a second in-bound lane and a new gate shack. To

make the lane addition the gate will be closed for 60 days beginning in late August and reopen in time for the air show in November, according to Barker.

While the gate is closed the current gate shack will be demolished and a temporary facility installed. Barker said a new permanent gate shack will be built and is expected to be complete by spring of 2001.

Exchange construction

"The Army and Air Force Exchange Service was originally approved by Congress to build a new 120,000 square-foot facility," Barker said. "This past spring a survey of the area revealed the need for a 180- to 200,000 square-foot facility."

"AAFES now plans on building a larger facility than originally planned," he said.

"Congress needs to approve the larger facility. Construction probably won't begin until fiscal year 2002."

Chapel renovation

Chapel 2 is currently under renovation. The \$454,000 quality of life project will provide a renovated sanctuary. Work being completed includes refurbished pews, a new large stained glass window behind the altar and new wooden front doors.

"We are trying to keep the quaint atmosphere of the older facility while bringing it into a modern era," Barker said.

Advertising



Senior Airman Shanda De Anda

Ouch!

Senior Airman Josh Carder, 355th Medical Operations Squadron medical services apprentice, administers vaccinations July 11 as the first 60 Davis-Monthan Air Force Base members process in preparation for their overseas deployment as part of Aerospace Expeditionary Force 9. Approximately 80 D-M members will deploy to various locations in Southwest Asia for the 3-month deployment, Aug. through Oct., under the Expeditionary Aerospace Force concept.

Baby

Continued from Page 1

“Of course, not being fully feathered out and not very coordinated, it is not unusual for the babies to simply fall through the limbs to the ground,” she said.

“The parents locate the nestlings by calling out and getting a response from the baby. They will continue to bring food to the baby and, if the baby is lucky, will fledge from the ground.”

“We hope that if the nestlings successfully fledge this year, that the pair will nest again next year and in the same place. The chances are good they will,” Lisa said.

Members of Arizona Game and Fish took the first bird to a wildlife rehabilitator, where he will be fed, rehydrated and tested for disease or injury. If he gets a clean bill of health, they will attempt to put him back in the nest with his parents, Lisa said.

The second bird, who was a bit larger than the first, was put back over by the ALS dorms on a ledge outside the second floor.

“We did see one of the adults and it was calling for the baby, so I’m sure she knows by now where it is. We never did find the nest, but with the adult there it will be okay.”

Dr. Bill Mannen from the University of Arizona, who is studying urban Cooper’s hawks for disease and mortality, also came out to check on the birds.

“The most important thing for

people to know is that if you find a baby bird or other animal on the ground, you should, in most cases, just let it be.

“You might want to just move it out of harm’s way, but for the most part, leave it alone. The parents are not usually too far away and will continue to care for the baby. Baby birds can actually be put back into the nest. Handling the bird will make no difference to the adult birds,” Lisa said.

If the animal is found on base, call Lisa at 8-3215. But, don’t attempt to feed it or give it water, she warned. Doing so could result in being bitten or scratched.

“It also should be noted, while wildlife is fascinating and it would be nice to keep a baby, it is illegal to keep wild animals or birds as pets. Many of them carry nasty diseases and it would only take one bite or scratch for a one to contract a potentially life-threatening or debilitating disease.”

Injured animals

If it is obvious that the bird or animal is injured, put it in a box, keep it quiet, and call Arizona Game and Fish, 628-5376, or a wildlife rehabilitator listed in the phone book, according to the environmental flight.

Advertising

Residents personalize on-base landscaping options

By Karen Halstead
Public affairs

Although Davis-Monthan Air Force Base members are briefed about their landscapes upon moving into on-base housing, many residents are left with questions or concerns.

A grass lawn may be converted into a desert-landscape once a plan, submitted to the housing office, is approved, but once Xeriscaped lawns are not permitted to return to a grass landscape.

"Maintenance of Xeriscaped yards can be more of a problem than a grass yard, but the savings is in water conservation," said John Sikora, 355th Civil Engineer Squadron self-help manager.

After a landscaping plan is approved by the housing office, the self-help staff can assist with most landscaping needs.

"We set individual appointments and go over the procedures for approved projects, as well as assist the resident with plant selection, and the design and configuration of the plants," Sikora said.

The self-help team completes a site survey and schedules an entomologist is scheduled to spray grass areas where the new landscape is planned.

"This step ensures established grass will not be a problem," Sikora said. "The grass needs to be dead and removed one-and-a-half to two-inches below the ground surface. Otherwise grass will continue to be a problem."

Landscaping which requires digging below four-inches requires a permit. The permit must be coordinated by the base with Tucson agencies.

"We are responsible to coordinate the permit, which is only good for 15 days. Once the resident is notified the permit is active, they need

to accomplish all digging, including any holes where they plan to place plants."

Early hole digging allows the resident to be ready to plant immediately once plants arrive, according to Sikora, who recommends holes be three-to-five times the size of the container in diameter and just a little deeper than the container is tall.

"We recommend the use of an electric power jack to dig holes," he said. "Otherwise, digging will be a very slow, blood, sweat, and tears process. Water a little, then dig a little, water a little, then dig a little."

Sikora said the power jack can be rented at off-base establishments and rental is the responsibility of the resident.

Once the resident notifies self-help they are finished digging the plants are ordered.

"We want residents to pick up their plants the same day they are notified," Sikora said.

"It is easier for the residents to keep the plants watered until they are ready to be planted. We don't have the ability to keep or take care of the plants for more than two days."

"Residents who order plants, and then realize they will be on leave when their plants arrive, should contact us so we can make appropriate arrangements for the plants, should they arrive before the family returns," he said. "Otherwise the plants won't get picked up and they die."

"Families who plan a project and then the member who will be doing the work gets an assignment away from the base, need to contact us so we can make appropriate arrangements. Many times spouses left behind can't finish the project."

"When residents tell us we can deliver a load of rock to their yard, they need to consider the time of



Senior Airman Amie Gannon

Airman 1st Class Bryan Rosburg, 355th Civil Engineer Squadron, directs Airman 1st Class Matthew Novack, 355th CES, as he unloads landscaping rocks at the home of Staff Sgt. Bill Garret, 355th Equipment Maintenance Squadron.

year and the condition of the ground," he said. "When the weather is wetter, the heavy loads in the delivery trucks can cause rutting in the yard. Residents not only have rock to move, but a rut to fit as well."

Loads of rock can be dumped in street, but must be removed immediately for safety reasons, he said.

"Rock delivery should be completed within a few weeks after request," Sikora said. "Everyone should be aware that rock delivery is dependent on the work load of our heavy equipment operators and the weather."

Sikora said residents are permitted to use a barrier in their Xeriscape, but plastic barriers are not permitted. Barriers are not available through the self-help store. Residents must purchase these. "As dust blows and mixes with pollen, and settles on top of barriers, residents may experience a weed problem."

According to Sikora, "It isn't weed growth from under the barrier, but from the top side. A good pre-emer-

gent can help to eliminate weeds growing from the top.

Cacti are discouraged in new Xeriscapes for safety reasons. Families must get approval from the housing office prior to planting cacti in their yards. This should be a part of the initial request."

The trick to keeping grass out of the xeriscape is adding a little liquid dish detergent to the grass killer, according to Sikora. "When you spray weed or grass killer by itself, the air dries it before it has a chance to do its job. By adding the detergent, the solution stays moist longer and performs more effectively."

"You must spray something besides dirt. Spraying dirt doesn't help. Your just wasting the spray," he said.

According to Sikora, resident use of self-help Xeriscaping is not limited to one time.

Call the housing office for more information or to submit a landscaping plan, Air Force Form 332, or call self-help at 8-3735 for landscaping materials.

Advertising

Air Force Print News



Mario Gutierrez Jr.

Return to basics

Master Sgt. Christopher Hargis (left), 42nd Communications Squadron first sergeant, and Master Sgt. Alvin Baker, Air Command and Staff College first sergeant, keep their balance on an obstacle at the Lackland Air Force Base confidence course during a recent visit. Hargis and Baker, along with 15 other Maxwell Air Force Base/Gunter Annex, Ala., senior NCOs, accepted Chief Master Sgt. of the Air Force Jim Finch's recent charge to see the quality of Air Force trainees by visiting basic training during Warrior Week.

Advertising

House-Senate conferees approve FY01 defense bill

House and Senate appropriations conference committee members agreed July 13 on a final \$288 billion spending bill for the Department of Defense for fiscal 2001. The appropriations bill provides the budget authority for defense spending while the authorization bill, just now going into conference, provides the legal authority.

The appropriations bill provides funds for the F-22 program and additional C-17 aircraft but cuts funds for the Joint Strike Fighter program.

The conference committee endorsed nearly \$1 billion more for military health care. The legislation will also provide a substantial boost to training programs, support equipment and quality of life for the nation's 2.1 million active-duty, Reserve and National Guard people, said Senate Appropriations Chairman Ted Stevens and House Defense Appropriations Subcommittee Chairman Jerry Lewis.

"This is the earliest we have reported the defense appropriations bill out of conference," Stevens said. "It is a good bill that shows strong support for our military and provides the necessary funding to address the severe strains the Department of Defense is facing regarding maintenance and quality of life issues."

The bill (H.R. 4576) provides an increase of \$19.8 billion over the current fiscal year defense appropriation, and nearly \$4 billion more than was budgeted for defense by the president, the two congressmen said.

Conferees again provided funding to improve training, benefits and quality of life for military personnel. The health and welfare of military members has also been given priority, with funding for the Defense Health Program rising \$988 million over the current fiscal year — a nearly 9-percent increase, the congressmen added. That funding will implement military health care enhancements recently approved by the House in the FY01 National Defense Authorization Act.

"This legislation will pay for a roadmap for future implementation of permanent health care for retirees, and restores pharmacy access for most of those former service members," Lewis said.

Highlights of the bill include:

- ◆ Cutting funds for the JSF program by \$150 million to effectively delay engineering, manufacturing and development by three months;
- ◆ Fully funding the F-22 program and accepting House language requiring the Air Force next year to



Master Sgt. Julie Artau

Staff Sgt. Anthony Cristiano, 349th Communications Squadron at Travis Air Force Base, Calif., provides perimeter security at base camp during an in-house readiness exercise. The approval of the Department of Defense spending bill for fiscal 2001 provides money to help fund training programs like this one.

meet testing requirements set by Congress before beginning production of the F-22;

◆ Procuring of five F-15s and four F-16s;

◆ Defunding the Air Force Discoverer II surveillance satellite program, except for funding of sensor

research;

◆ Increasing National Missile Defense funding by \$135 million; and

◆ Creating a National Defense Airlift Fund, procuring 12 C-17s and expanding future airlift procurement. (Courtesy Air Force News)

Advertising

What kind of leader are you?

By Col. Daryl Hausmann
355th Operations Group
commander

Leader noun, 1. One who leads or guides. 2. One in charge or command of others. 3.a. The head of an organization, b. One who has influence or power.

All of us in today's Air Force are leaders. Whether we are in charge of an office or section, a two-ship flight lead, an aircraft commander, or in command of a group of thousands; subordinates look to their superiors for guidance and direction. The very nature of our service makes us leaders whether we know it or not, whether we want it or not. It is up to each of us to decide the kind of leader we want to be.

There are thousands of examples of leaders. George Patton and Robert E. Lee are two. Both men were famous American generals: Patton during World War II and Lee during the Civil War. Each a great leader in his own right but each using a

totally different style. Who would you be most like? What kind of leadership style do you have? Are you a Patton or a Lee? Just for fun, take the test below to get an idea.

Your children have caused trouble. You feel inclined to:
(a) punish them.
(b) teach them right from wrong.

When confronted with an important issue you:
(a) assert your opinion immediately.
(b) keep an open mind.

Nothing is going as planned. You want to:
(a) flip out.
(b) calmly look for a solution.

When shopping at the grocery story, you prefer to:
(a) just shop around.
(b) prepare a list.

A subordinate has failed you miserably. There is only one solution:
(a) fire them.
(b) counsel them.

Your children want career

advice, so you naturally:
(a) pressure them to become doctors or lawyers.
(b) help them decide what they want to do.

The best way to enter a swimming pool is to:
(a) jump right in.
(b) gradually test the waters.

Your friend's birthday is next week. You decide to:
(a) throw them a surprise party.
(b) plan a party with them.

You're the most talented and you know it. You decide to:
(a) flaunt it.
(b) play it down.

Nothing would make you happier than:
(a) starting a fight.
(b) ending a fight.

How did you do? Patton would have answered (a) 7 to 10 times. If you scored the same, then your leadership style would have made General Patton proud. Just like Patton, you are able to make quick decisions and have strong opinions. You also like to mix it up with the enemy, often surprising them by appearing out of the blue, with no hesitation.

Split personality: Patton and Lee answered (a) or (b) 5 to 6 times. Your leadership style is a combination of both. You enter

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Senior Airman Amie Gannon


Col. Daryl Hausmann is commander of the 355th Operations Group. Hausmann is a 24-year veteran of the Air Force, and received his Reserve Officer Training Corps commission from Texas A&M.

Welcome to Davis-Monthan

Retired Maj. Gen. Thomas Griffith, former 12th Air Force commander

Col. Larry Beaver, incoming 612th Combat Plans Group commander


355th Wing Flying Goals




	Hours			Sorties		
	41st	42nd	43rd	354th	357th	358th
Goal	225	390	245	459	380	375
Flown	189	351	213	405	364	306
Delta	-4	16	6	9	31	23
YTD	52	37	40	50	67	6

Current as of Wednesday


August Promotion Line Numbers




14,597 - Remaining




0001 - 0871



0001 - 0632



0381 - 0484



0244 - 0278



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Leader

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the field of battle in a blaze of glory, stunning both friend and foe alike with your lightning fast victories. At the same time, your kindness toward your vanquished foe is noteworthy.

The endearing Lee would have answered (b) 7 to 10 times. If you did too, your leadership style emulates him. You are very respected by the enemy and your troops: the enemy due to your military genius and the troops, due to your wisdom and kindness. You are patient and methodical, two traits you can rely upon heavily when outnumbered by the enemy.

Being a good leader doesn't come easy; and taking a test isn't a true measure. To be successful you have to work at it. You won't always have all the answers even though people will expect you to be all knowing. Retired Army Gen. Colin Powell in his "Leadership Primer" discussions does provide some "lessons" that we can use to assist us in our quest to be a "good" leader. He actually has 18 lessons, but I've taken the liberty of concentrating on the ones that are most pertinent to military members.

Lesson 1 - "Being responsible sometimes means making people mad." Good leadership involves responsibility to the welfare of the group, which means that some people will get angry at your actions and decisions. Trying to get everyone to like you is a sign of mediocrity: you'll avoid the tough decision, you'll avoid confronting the people who need to be confronted, and you'll avoid offering differential rewards based on differential performance because some people might get upset.

Lesson 2 - "The day people stop bringing you their problems is the day you have stopped leading them. They have either lost confidence that you can help them or concluded that you do not care. Either case is a failure of leadership." Many bosses build so many barriers to upward communication that the very idea of someone lower in the organization looking up to the leader for help is ludicrous. Those bosses define asking for help as weakness or failure, so people cover up their gaps, and the whole organization suffers. Real leaders make themselves accessible and available. They show concern

for the efforts and challenges faced by underlings, even as they demand high standards.

Lesson 5 - "Never neglect details. When everyone's mind is dulled or distracted, the leader must be doubly vigilant." All the great ideas and visions in the world are worthless if they can't be implemented rapidly and efficiently. Good leaders delegate and empower others liberally, but they pay attention to details every day. Bad ones, even those who fancy themselves as progressive visionaries, think they are somehow above operational details. Good leaders understand that an obsessive routine in carrying out the details generates conformity and complacency, which in turn dulls everyone's mind. That is why even as they pay attention to details, they continually encourage people to challenge the process.

Lesson 6 - "You don't know what you can get away with until you try." You know the expression, "it's easier to seek forgiveness than permission." Well, it's true. Good leaders don't wait for official "blessing" to try things out. They are prudent, however, not reckless. But they also realize a fact of life in most organizations: if you ask enough people for permission, you'll inevitably come up against someone who believes his job is to say "no." Less effective middle managers endorsed the sentiment, "if I haven't explicitly been told 'yes,' I can't do it," whereas the good ones believed, "if I haven't explicitly been told 'no,' I can." There is a world of difference between those two points of view.

Lesson 7 - "Keep looking below surface appearances. Don't shrink from doing so just because you might not like what you find." "If it ain't broke, don't fix it" is the slogan of the complacent, the arrogant or the scared. It's an excuse for inaction, a call to non-arms. It's a mindset that assumes or hopes that today's realities will continue tomorrow in a tidy and predictable fashion. Pure fantasy. In this sort of culture, you won't find people who pro-actively take steps to solve problems as they emerge.

Lesson 8 - "Organization and plans don't really accomplish anything. Endeavors succeed or fail because of the people involved. Only by attracting the best people will you accomplish great deeds." Your best assets are your people. Too often people are assumed to be empty chess pieces to be moved around by their bosses. The real goal should be creating an environment where

the best, the brightest, the most creative are attracted, retained and, most importantly, unleashed.

Lesson 10 - "Never let your ego get so close to your position that when your position goes, your ego goes with it." Too often change is stifled by people who cling to familiar turfs and job descriptions. One reason that even large organizations wither is that managers won't challenge old, comfortable ways of doing things. Effective leaders create a climate where people's worth is determined by their willingness to learn new skills and grab new responsibilities. They are perpetually reinventing their own jobs. The most important question in performance evaluation becomes not, "how well did you perform your job since the last time?" but, "how much did you change it?"

Lesson 11 - "Fit no stereotypes. Don't chase the latest management fads. The situation dictates which approach best accomplishes the team's mission." Flitting from fad to fad creates team confusion and reduces the leader's credibility. Blindly following a particular fad generates rigidity in thought and action. Leaders understand that management techniques are not magic but simply tools to be reached for at the right time.

Lesson 12 - "Perpetual optimism is a force multiplier." The ripple effect of a leader's enthusiasm and optimism is awesome. So is the impact of cynicism and pessimism. Leaders who whine and blame engender those same behaviors among their colleagues. I am not talking about accepting organizational stupidity and performance incompetence with a "what me worry?" smile. I am talking about a gung-ho attitude that says "we can change things here, we can achieve some awesome goals, we can be the best." Spare me the grim litany of the "realist," give me the unrealistic aspirations of the optimist any day.

Lesson 14 - "Great leaders are almost always great simplifiers, who can cut through argument, debate and doubt, to offer a solution everybody can understand." Effective leaders understand the KISS principle: Keep It Simple, Stupid. They articulate vivid, over-arching goals and values, which they use to drive daily behaviors and choices. Their visions and priorities are lean and compelling, not unsure and am

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Leader

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biguous. They convey an unwavering firmness and consistency in their actions, aligned with the picture and the future they paint. The result: clarity of purpose, credibility of leadership, and integrity in organization.

Lesson 15 - "Don't take action if you have only enough information to give you less than a 40 percent chance of being right, but don't wait until you have enough facts to be 100 percent sure, because by then it is almost always too late." Today, excessive delays in the name of information gathering breeds "analysis paralysis." Procrastination in the name of reducing risk actually increases risk.

Lesson 16 - "The commander in the field is always right and the rear echelon is wrong, unless proved otherwise." Too often the reverse defines our culture today. Shift the power and the accountability to the folks who are bringing in the beans, not the ones who are counting or analyzing them.

Lesson 17 - "Have fun in your command. Don't always run at a breakneck pace. Take leave when you've earned it: spend time with your families. At the same time surround yourself with people who take their work seriously, but not themselves, those who work hard and play hard." Seek people who have some balance in their lives, who are fun to hang out with, who like to laugh (at themselves, too) and who have some non-job priorities which they approach with the same passion that they do their work.

Lesson 18 - "Command is lonely." Harry Truman was right. Whether you're a CEO or the temporary head of a project team, the buck stops with you. You can

encourage participative management and bottom-up employee involvement, but ultimately the essence of leadership is the willingness to make the tough choices yourself. Even as you create an informal, open, collaborative culture, prepare to be lonely.

Here are a few more tools to toss into your leadership "clue bag."

- Always lead with high energy and boundless enthusiasm.
- Give people a sense of purpose and direction.
- Plan for success. Nothing succeeds in motivating people more than being successful. Nobody wants to be associated with failure.
- Dish out praise and encouragement.
- Create opportunities for people to get attention.
- Demonstrate confidence and faith in peoples' abilities.
- Encourage achievable tasks.
- Give people a sense of history and hope and develop a collective vision for the future.

Do you want to be a boss who drives his people, or a leader who coaches them?

A boss who depends on authority or a leader who depends on good will. A boss that inspires fear or a leader who inspires enthusiasm. A boss who says "I" or the leader who says "we." The boss who says "you get here on time," or the leader who gets there ahead of time. The boss who spends his time blaming someone for a problem or the leader that fixes the problem. The boss who knows how its done or the leader who shows how to do it. The boss who says "go" or the leader who says "let's go."

So, what kind of leader will you be?

The choice is yours.

Health Focus

Do you have iron-overload?

By Maj. (Dr.) Doug Little
355th Medical Group

What is the most common genetic disorder in the United States? Sickle Cell disease? Cystic Fibrosis? Down's Syndrome?

According to the Center for Disease Control and Prevention in Atlanta, Ga., hereditary hemochromatosis is the most common genetic disease in the country, affecting one in every 200 Americans with one in every eight being a "silent" carrier of the disorder.

Hereditary hemochromatosis is a disorder in which the body absorbs too much iron from the diet.

Normally, any iron that the body doesn't need is excreted preventing the stored-levels from building up.

But in hemochromatosis, the excess iron ends up being stored to toxic levels in tissues of major organs such as the liver, heart, brain, pancreas, lungs and joints.

When hemochromatosis goes undiagnosed and untreated, it can develop into diseases such as diabetes, heart trouble, arthritis, liver disease, neurological problems, depression, impotence, infertility and cancer.

Who is affected by this disorder?

All ethnic groups can be affected, but those with an Irish, Scottish, Celtic or British heritage have a higher prevalence of the hereditary hemochromatosis.

Though previously diagnosed in mostly men, women, adolescents and children are not

immune to this devastating disorder.

The symptoms of hemochromatosis can appear at any age but typically not until age 30 in men and around menopause in women; iron build-up in those with hereditary hemochromatosis is usually slow, taking years to build to destructive levels. Because this can be a "silent" disorder, there are some people who will have hemochromatosis but be asymptomatic.

So how would you know if you have hereditary hemochromatosis? Knowing your family health history is a good start. Ask your blood relatives if anyone in the family has had or have hemochromatosis. Though general population screening is not recommended at this time, the College of American Pathologists does recommend screening for all individuals with a family history of iron overload disease. If you are concerned that you may have hemochromatosis, check with your healthcare clinician who will be able to make the best determination for screening of this disorder.

For additional information on hemochromatosis, check out the Iron Overload Disease Association Web site at: <http://www.ironoverload.org/> or the American Hemochromatosis Society Web site at: <http://www.americanhs.org/>. Free literature on hemochromatosis can be obtained by sending a self-addressed, stamped (66 cents) envelope to American Hemochromatosis Society, 777 E. Atlantic Ave., PMB Z-363, Delray Beach, FL 33483-5352 or call them toll-free at 888-655-4766.

Advertising



Senior Airman Amie Gannon

Sonoran Spotlight



Name and rank: Airman 1st Class Rachel Brace
Organization and duty title: 355th Comptroller Squadron; finance technician
Main responsibilities: Processing travel vouchers
Best aspects of the job: Meeting new and different people every day
Hometown: Frankfort, Ill.
Years of service: Two
Why did you join the Air Force: I joined because of the educational opportunities and to see different geographical areas of the world.
Career goals: To finish my bachelor's degree in social psychology
Hobbies, outside activities: Walking and swimming
Someone who inspires you or that you admire and why: There won't ever be just one, because there are many people whom I have looked up to and have taught me things along the way.
Dream vehicle: Lexus LS400
Dream vacation: a month in Hawaii
Dream assignment: RAF Lakeheath, England

Advertising

D-M volunteer receives Youth of the Year honor

By Karen Halstead
Public affairs

Robert Small earned the Davis-Monthan Air Force Base's 1999 Youth of the Year award recently.

Small, son of Maria and Capt. Christopher Small, 355th Aerospace Medicine Squadron bioenvironmental engineering flight commander, is the first D-M youth to receive this award.

Small was selected based on four criteria: leadership skills, academic achievement, obstacles overcome and service to the youth center and community.

Small went on to compete in the Air Combat Command competition. The ACC winner then competes with other youth from across the nation, each representing a different Boys and Girls Club of America.

The top winning youth from the Boys and Girls Clubs of America receives a \$25,000 scholarship from the Oprah Winfrey Foundation.

"Robert is a fine example of tomorrow's leadership through today's youth by his continuous involvement," according to Armando Bracamonte, youth center director of programs. "Our youth need to understand, in order to make a difference in the world you need to get involved at a very young age and not wait until their later years."

Small is a tutor in the Power Hour program sponsored at the youth center. The program provides youth tutors to other young students who need help with their schoolwork. According to Bracamonte, Small volunteered to tutor



Courtesy photo

Robert Small accepts his award and congratulations from Lt. Col. Joe Whaley, 355th Support Group deputy commander.

mathematics, English and any other subject needed.

Another program Small is involved with is the America's Awards for Youth program that gives Congressional Awards to participants who complete a prescribed number of hours in each of four areas: professional development, volunteer and public service, physical fitness, and expedition and exploration.

The program begins with a bronze certificate and participants can progress through the silver level to the gold level. After the certificate program they can progress on to the bronze medal and attempt to complete the silver and gold medal requirements. Small is now working to complete the bronze certificate level. Bracamonte said the program is very structured. Organizations around the base and in the community validate a participant's

progress. Hours accumulate from each award level.

"This is a very prestigious program," Bracamonte said. "When the youth achieve each award level, a local congressman usually presents the youth with their award."

Small also volunteers with the Youth Employment Skills program. The YES program is a part of the Air Force Aid Society. Youth who volunteer their time earn money in a college fund. For every hour Small volunteers, he accumulates four dollars in his college fund and the youth center earns two dollars, according to Bracamonte.

Small was one of nine youths volunteering with the YES program last year. Together their volunteer work brought more than \$1,702 to the youth center. This year 17 youth are signed-up for the YES program, Bracamonte said.

Quarterly, youth in the YES program are selected for an award. "Next year the quarterly award winners will compete for the Youth of the Year award," he said.

"It's easier just to (let your kids) drop off (their involvement in volunteer activities)," Captain Small said. "But (as a parent) you have to push them. Bracamonte provides our youth with good programs there (at the youth center)."

Bracamonte attributes Small's success both to his hard work and to the continued support Small receives from his parents. "They are the ones who got Robert started. You've got to give his parents credit for getting him involved," he said.

A and A Days: Cockpit notes

By Karen Halstead
Public affairs

Aviator Julie Clark is scheduled to perform aerobatics for the crowds attending Aerospace and Arizona Days Nov. 4 and 5.

Clark has flown more than 25 years with more than 25,000 accident-free hours in the air; she's rated to fly in more than 65 types of aircraft. As a civilian contracted instructor pilot, Clark worked for the Navy at Naval Air Station Lemoore 1974 to 1975. She was trained in tactical maneuvers, formations flying and aerobatics.

Clark bought her Beechcraft T-34 in 1977, sight unseen, at a government surplus auction in Anchorage, Alaska, for \$18,000. Restoration took four years and she dubbed her plane "Free Spirit" for the spirit of freedom in the United States.

Her T-34 is now sponsored by Mopar, the Parts and Accessories Division of Daimler Chrysler



Courtesy photo

Julie Clark will demonstrate her aerobatic prowess in this T-34 during Aerospace and Arizona Days Nov. 4 and 5.

Corporation and sports a 24-karat gold limited edition, blueprinted, 285 horsepower Victor engine, built by Victor Aviation which is coupled to a Hartzell three-bladed prop by American Propeller. (*Government endorsement not intended.*)

Her aviation feats have brought her many awards over the years, including, the youngest recipient to receive the

Woman Pilot of the Year Award bestowed in 1981 by the Southwest Section of the Ninety-Nines, a female pilot's association founded by Amelia Earhart in the 1920's.

In 1988 and 1997, she was named Performer of the Year by General Aviation News and in 1988, 1990, 1992 and 1997 named Favorite Female Performer, also by General Aviation

News. The Federal Aviation Administration recognized her with certificate of appreciation awards in three areas:

Outstanding Contribution to Professional Women in Aviation, Contribution to the Preservation of Military Aircraft and Contribution to Women Pioneers in Aviation.

When this last award was presented to Clark, it was the sixth to be presented in the last ten years.

Clark was inducted into the International Women's Air and Space Museum, and in 1998 she received the Art Scholl Memorial Showmanship Award.

She calls her program a "Serenade in Red, White and Blue" and adds a special patriotic tribute with breathtaking, choreographed aerobatics, all set to Lee Greenwood's song "God Bless the USA."

For more information about Clark visit her Web site at www.americaaerobatics.com.

By Maj. Beverly Sabourin
355th Medical Group

Summertime food safety rules ensure safe, healthy eating

Get out the grill, put the boat in the water, dust off your hiking boots - summer is here!

Many of us like to enjoy the great outdoors with barbecues, picnics, vacation and outings. After all, these are a few of our favorite pastimes, right?

But just because the eating has moved outdoors doesn't mean that we can skip food safety techniques.

These tips will help you shop for, prepare and serve safe and delicious summer foods whether you're firing up the backyard grill, going out for a picnic, or just shopping for groceries on a hot, summer day.

Go home first from the store.

When shopping for meat and poultry, put them in the shopping cart last, right before checkout. To guard against cross contamination — which can happen when raw meat or poultry juices drip on other foods — put packages of raw meat and poultry into plastic bags. Load meat and poultry into the air conditioned car—not the trunk—and take the groceries straight home.

In the summer, if home is more than a 30-minute drive away, bring a cooler with ice from home and place perishable food in it for the trip. At home, place meat and poultry in the refrigerator immediately. Freeze

poultry and ground meat that won't be used in one or two days; freeze other meat within four to five days.

Defrost safely. Completely thaw meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing; microwaves defrost if the food will be placed immediately on the grill; or thaw sealed packages in cold water.

Marinating. Some recipes state to marinate meat and poultry for several hours or days, either to tenderize or add flavor. Always marinate food in the refrigerator, not on the counter. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade. Don't put raw meat and poultry in it. Don't re-use the marinade used on raw meat or poultry unless it's boiled first to destroy any bacteria.

Pre-cooking. Some people like to cook food partially in the microwave, oven, or stove to reduce grilling time. Pre-cook immediately before grilling to destroy bacteria.

Transporting. When carrying food to a picnic site, keep it cold to minimize bacterial growth. If take-out foods such as fried chicken or barbe-

cued beef will be reheated on the grill, and they won't be eaten within two hours of pickup, buy them ahead of time and chill thoroughly.

Use an insulated cooler with sufficient ice or ice packs to keep the food at 40° F. Then pack food right from the refrigerator into the cooler immediately before leaving home.

In the car, keep the cooler in the air-conditioned passenger compartment; at the picnic, in the shade or shelter.

Keep cold food cold. Avoid opening the cooler's lid, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in another cooler. When handling raw meat, remove from the cooler only the amount that will fit on the grill.

Keep everything clean. Be sure there are plenty of clean utensils and platters for separately handling the raw foods and the food after cooking. Don't use the same platter and utensils for raw and cooked meat and poultry. Any bacteria present in raw meat or juices can contaminate the safely cooked meat. This is a prime cause of summer foodborne illness. Pack clean, soapy sponges, cloths and wet towelettes for cleaning surfaces

and hands.

Cook Thoroughly. Meat and poultry cooked on a grill often browns very fast on the outside. Use a meat thermometer to be sure the food has reached a safe internal temperature. Whole poultry should reach 180° F; breasts, 170° F. Juices should run clear. Hamburgers made of any ground meat or poultry should reach 160° F. Beef, veal and lamb steaks, roasts and chops can be cooked to 145° F. All cuts of pork should reach 160° F. Never partially grill meat or poultry and finish cooking later. Cook food completely to destroy harmful bacteria. When re-heating take-out foods or fully cooked meats like hot dogs, grill to 165° F, or until steaming hot.

Keep hot food hot. After cooking meat and poultry on the grill — at home or on a picnic — keep it hot until served. Keep the cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they would eventually overcook. At home, the cooked meat can be kept hot in a 200° F oven, in a chafing dish or slow cooker, or on a warming tray. After cooking, hold hot food at 140° F or warmer.

When taking food off the grill, don't put the cooked items on the same platter, which held the raw meat. Any bacteria present in the raw meat juices could contaminate the safely cooked meat or other grilled foods.

Korea remembered



(Editor's note: As America recognizes its veterans (over the next three years) to commemorate the 50th anniversary of the Korean War, the Desert Airman will run significant events related to the Korean War.)

This week in 1950, the following significant events occurred:

July 28: The first amphibious SA-16 Albatross aircraft arrived in Japan for air rescue service off the Korean coast.

July 30: Forty-seven B-29s bombed the Chosen Nitrogen Explosives Factory at Hungnam on the east coast of North Korea.

July 31: As North Korean troops continued to advance, General Walker ordered U.N. forces to withdraw to a new defensive line along the Naktong River.

August 1950

The North Koreans continued their offensive into South Korea, advancing on the U.N.'s perimeter around Pusan from three directions: toward Masan from the west, toward Taegu from the northwest, and toward Pohang from the north. The communists even established bridgeheads over the

Naktong River, along which U.N. forces held a defensive line. The United States launched its first ground offensive of the war, advancing from Masan westward toward Chinju to stabilize the southwestern end of the Pusan perimeter.

The approach of enemy troops forced Air Force units to evacuate Taegu and Pohang, where they had only recently arrived.

The Air Force moved two additional B-29 groups from the United States to the Far East, making a total of five in the theater.

During August, the Superfortresses bombed marshalling yards, industrial targets, and port facilities in North Korea, marshalling yards in Seoul, and bridges in both North and South Korea, especially in the Seoul area.

They also conducted one major carpet-bombing raid near the front.

The 5th Air Force continued to raid enemy lines of communication, airfields, and close air support targets in South Korea. Fifth Air Force B-26s and F-82s conducted night raids south of the 38th parallel. The H-5 helicopters based at Taegu evacuated 124 casualties from the battlefields of South Korea.

During August, General MacArthur and his staff drafted plans for the invasion of Inchon, near Seoul, which would take place

in September. In support of the planned U.N. offensive, Far East Air Forces devoted most air resources to the interdiction campaign. By mid-month, each North Korean division was receiving less than 22 tons of food, fuel, and ammunition, a mere trickle of what was needed to maintain enemy positions against a U.N. attack.

To coordinate the growing airlift between Japan and Korea and to prepare for the coming invasion, Far East Air Forces organized a provisional Combat Cargo Command. General Stratemeyer failed to persuade MacArthur to give Far East Air Forces sole responsibility for all air raids over North Korea.

Aug. 1: The 6147th Tactical Control Squadron, Airborne, was established at Taegu for forward air control operations with T-6 aircraft. Forty-six B-29s of the 22d and 92d Bombardment Groups bombed the Chosen Nitrogen Fertilizer Factory at Hungnam, the largest chemical plant in the Far East.

Aug. 2-3: In response to an 8th Army request, The 374 Troop Carrier Group (TCG) airlifted 300,000 pounds of equipment and supplies from Ashiya AB, Japan, to Korea in 24 hours, a new airlift record for the war.

Aug. 3: The 18th FBG headquarters moved from Japan to Taegu, South Korea, for expanded F-51 operations. SA-16 amphibious rescue aircraft began flying sorties along the Korean coast to retrieve U.S. pilots forced down during operations.

Flat bench flys

Free-weight exercise good supplement to bench press

(Editor's note: This is the second in a series of articles on bodybuilding and weight lifting. The series is designed to give the beginning, or average, weightlifter some insight on training and weight selection to ensure maximum results without over-training. If you are happy with the results you are currently getting from your present routine, please continue training the way you are. The articles are being produced jointly by the 355th Wing Public Affairs Office and Bill Sibole, former Army weightlifter and body builder. The primary reference is "Getting Stronger - Weight Training for Men and Women" by Bill Pearl and Gary Moran.)

One of the more popular lifts today is the bench press. And while many people think the bench press is the primary chest exercise, it is not. One of the best exercises is the flat bench fly.

This can be done after the bench press, with cables or dumbbells.

If, for example, your best bench press is 200 pounds, you should warm up with 135 pounds for eight repetitions, followed by 155 for eight; 165 for eight; and finishing with 175 for eight.

Never count your warm up as a set. If you do not get all the reps, reduce your weight. This does not mean you are lazy or not trying,



Senior Airman Amie Gannon

Tim Privitt demonstrates proper form for the flat bench fly.

but adjusting to what you can handle that day.

If you feel the weight is too light, go up. If you want to try a heavy bench for a single set, do not do a full-training poundage that day.

Try a heavy single maximum weight once every two to three weeks. In the previous example, for the single maximum, start with 135 pounds for eight reps; 155 pounds for two reps, 175 for one rep, 190 for one rep, and complete

the set at 200.

When training on a lighter weight day, warm up with 135 pounds for eight reps, then go to 145 pounds for eight reps, followed by 150 pounds for eight reps, and 155 for eight reps.

For an even lighter day, use dumbbells for benching, with the same weight and repetitions as previously mentioned. If you use the bar, start at 135 for eight reps then 140 times eight, 145 times eight, and finish at 145 times

eight.

You never want to feel tired when you leave the gym. When you try to lift maximum weight every day, you're working with no reserve. That's why it's important to do sets with lighter weights. This way you build a reserve. And when you can complete all the reps with a certain weight you can figure where you are.

Now if you want to have a "power day" once every two weeks or less you can. It's called five sets of five reps — heavy weight.

Start with 135 pounds times eight, then 155 times five, 165 times five, 175 times five, 185 times five, and finally, 195 times five.

These poundages are just an example. If you can use more weight you will be able to tell.

If you have a "sticking point" in the bench, such as locking out at the top, you may want to use the rack and put a bench inside. Put the bar at whatever point you have trouble, and push the weight off the rack.

You can use whatever weight you want because you will be safe. This is considered an assistance exercise. This is done after the regular bench press routine.

As always, it is recommended that you work out with a partner. That way you can spot and encourage each other.

Play ball!

Construction and renovation work on Mustang 1 and 2 fields was completed last week. According to officials from the Haeffner Fitness and Sports Center, the softball season should be underway in the coming weeks. The project included renovations and improvements to infields and outfields. Six inches of sandy topsoil was removed from the infield, and replaced by six inches of clay composite. After leveling the outfield, new sprinkler heads were installed, and existing sprinkler heads were recessed. The work was funded with money from the Air Combat Command Installation Excellence Award, won by the 355th Wing in November 1999.



Senior Airman Amie Gannon

Sports Shorts

Wing run

There's a wing run Wednesday beginning at 6:30 a.m. Call the fitness center at 8-3714 for more information.

Golf tournament

The base rugby team is hosting the 20th Annual Nauglehead Golf Tournament Aug. 5 at The Links at Continental Ranch. Entry fee is \$70 per person for the four-person scramble tournament, and includes cart, T-shirt, beverage tickets, goodie bag, prizes, raffle and banquet. Shotgun start is at 7:30 a.m. Call Jay Gregson, 8-2136; Larry Bates, 8-4874; or Mark Bell, 790-6199, for more information.

Softball tournament

The 12th annual "Weekend Bash" softball tournament has been scheduled for Aug. 5 and 6 at Lincoln Park. It is open to all Department of Defense intramural softball teams. Prizes will be awarded to the top four teams. The entry fee is \$160. Call Greg Manning at 8-4190 for more information.

Phoenix Suns camp

Young basketball players, ages 9 to 18, can sign up now to attend the Phoenix Suns Basketball Camp, Aug. 9. Players will work on basic game strategy and shooting, as well as more advanced skills. Appropriate clothing is required, and cameras are not allowed into the gym. The program, including transportation (11 a.m. to 7:30 p.m.), costs \$10. There's a stop for food on the return trip; bring extra money. Volunteer chaperones are needed now. Space is limited. Register now at the youth center, or call 8-8373 for details.

Health bar warning

According to officials from the health and wellness center, a health bar, marketed under the name Nutriva, contains hemp seed. Hemp seed products contain varying levels of tetrahydrocannabinol, an active ingredient of marijuana, which is detectable under the Air Force Drug Testing Program. Air Force personnel are reminded that ingestion of products containing hemp seed are off limits (violation of Article 92 of the UCMJ). Call the HAWC at 8-5002 for more information.

Golf clinics

Adult golf clinics start Tuesday, at the Blanchard Course, and continue throughout August, Tuesdays and Thursdays, 4:30 to 5:30 p.m. Ladies attend Tuesdays, and Thursdays are open to everyone. Clinics cost \$10 each. Register at the pro shop, or call 8-3734 for further information.

Aerobics, exercise classes

The staff at the Haeffner Fitness and Sports Center offer a full lineup of exercise and aerobics classes each week. **Monday** - 11 a.m. to noon - Step aerobics (Marie); 12:20 to 1 p.m. - Spinner (Steve); 5:30 to 6:30 p.m. - Aerobics (Rumiko); 6:45 to 8:45 p.m. - Kajukenbo (Paul) **Tuesday** - 8 to 9 a.m. - Senior aerobics (Corinne); 11 a.m. to noon - Step aerobics (Veronica/Rumiko); 12:10 to 1:10 p.m. - Circuit training (Corinne); 6:15 to 8:15 p.m. - Kyokushin (Idris) **Wednesday** - 10:10 to 11 a.m. - Spinner (Corinne); 11 a.m. to noon - Step aerobics (Veronica); 12:10 to 1:10 p.m. - Kick box (Corinne); 6:30 to 7:30 p.m. - Belly dancing

beginners (Basheera); 7:30 to 8:30 p.m. - Belly dancing advanced (Basheera) **Thursday** - 10 to 11 a.m. - Senior aerobics (Corinne); 11:10 a.m. to 12:10 p.m. - Step aerobics (Marie); 12:10 to 1:10 p.m. - Training (Corinne); 5 to 6 p.m. - Step aerobics (Rumiko); 6:10 to 8:10 p.m. - Kyokushin (Idris) **Friday** - 11 a.m. to 12:10 p.m. - Step aerobics (Veronica); 12:10 to 1 p.m. - Spinner (Steve); 4:30 to 6:30 p.m. - Kajukenbo (Paul) **Saturday** - 10 to 11 a.m. - Step aerobics (Rumiko); 11 a.m. to noon - Spinner (Corinne) Call the center at 8-3714 for more information.

Rugby players

Players are needed for the upcoming rugby season, which starts in the fall and continues until the spring. Call Jay Gregson, 8-2136; Larry Bates, 8-4874; or Dick Battock, 886-7003, for more information.

Golf/lunch special

Golfers buying lunch any weekend get a second meal (equal or less value) at no charge, just by showing their golf receipt. This two-for-one special is valid Saturdays and Sundays, at the Eagle's Nest Restaurant. Call the pro shop, 8-3734, or restaurant, 8-7066.

Volleyball tryouts

All women interested in trying out for the D-M women's varsity volleyball team should call Airman 1st Class Chris Rodriguez at 8-4886 or 8-3224 or e-mail him at christopher.rodriguez@dm.af.mil. As soon as he gets a sufficient number of people interested he will hold tryouts. Also call Jay Junsay at the base gym at 8-3714.

Advertising

Scoreboard

Bowling

Tuesday Doubles

(Week 7)

Team	W-L
Team 1	37-19
Team 3	34-22
Team 6	34-22
Team 8	33-23
Team 5	26-30
Team 7	24-32
Team 4	18-38
Team 2	18-38

High Scratch Game - Men: Andy King, 266; Donald Mickey, 243

High Scratch Game - Women: Vi Teer, 202; Joyce Vaughn, 191

High Handicap Game - Men: Andy King, 284; Donald Mickey, 277

High Handicap Game - Women: Vi Teer, 259; Joyce Vaughn, 231

High Scratch Series - Men: Andy King, 678; Donald Mickey, 645; Lloyd Lee and Mac Donnerstag, 595

High Series Scratch - Women: Joyce Vaughn, 550; Vi Teer, 540

High Series Handicap - Men: Mac Donnerstag, 757; Donald Mickey, 747; Andy King, 732

High Series Handicap - Women: Vi Teer, 711; Joyce Vaughn, 670; Mary Jane Combs, 546

Have-A-Ball Bag & Shoe

(Week 14)

Team	W-L
Heart Attacks	64-40
Exterminators	64-48
Yeah Right	62-50
Lefties	62-50
Stayin' Alive	57-55
The Gutterballs	52-60
Alley Oops	49-63
Yustom Snow	38-74

High Game - Men: A.J. Johnson, 216; Steve Willis, 213; Frank Gregory, 204

High Game - Women: Val Schreiterer, 163; Lisa Kerr, 152; Andrea Weinstein, 145

High Series - Men: Steve Willis, 625; Frank Gregory, 576; A.J. Johnson, 552

High Series - Women: Val Schreiterer, 461; Andrea Weinstein, 404; Lisa Kerr, 397

Youth-Adult

(Week 9)

Team	W-L
Cheaters	48-24
F-117 Stealth	46-26
Team 5	44-28
Team 1	40-32
Team 2	38-34

High Game - Men: Tom Cross, 160; Travis Cross, 154; Tony Martinez, 149; Kevin Wells, 120; Shane Cross, 110

High Game - Women: Candy Gregory, 132

High Series - Men: Lynn Parker,

525; Tom Cross, 466; Travis Cross, 389; Harlan Johnson, 381; Kevin Wells, 357

High Series - Women: Candy Gregory, 371

Golf

Intramural - Tuesday

(as of July 18)

Team	W-L
EMS	32-8
MSS	28-12
SUPS #2	24-8
MDG	23-9
43 ECS	22-18
SVS	19.5-20.5
COMM	18-6
LSS	17.5-14.5
12 AF #1	16-16
41 ECS	13-19
42 ACCS #1	11-29
12 AF #3	8-32

Intramural - Wednesday

(as of July 12)

Team	W-L
SUPS #1	40-16
CRS	39.5-14.5
12 AF #2	39-17
TRS	37.5-18.5
CES	36.5-11.5
SFS	34.5-13.5
25 OWS	28.5-27
Det 2 67 IG	21.5-34.5
OSS	16-40
CPTS	13-43
TRANS	9-47
42 ACCS #2	7-49



Senior Airman Amie Gannon

Rich Brown sinks a putt for his 612th ACOMS team during intramural golf action at the Blanchard Course.

Advertising



Chapel events

Protestant schedule

Today: Aim High Bible Study, 7 p.m., Chapel 1 annex. Call 889-1715 for more information.

Saturday: Couples' Bible Study, 7 p.m., call 749-5550 for more information.

Sunday: Contemporary Worship Service, 8:30 a.m., Chapel 1; Sunday School, 10 a.m., Chapels 1 and 2; Traditional Worship Service, 11:15 a.m., Chapel 2 annex; Inspirational Gospel Worship Service, 11:15 a.m., Chapel 1.

Tuesday: Singles' Bible Study, 7:30 p.m., Building 3220.

Wednesday: Midweek Bible Study, noon, Chapel 1; Prayer and Teaching Time, 7 p.m., Chapel 1; Youth Night, for middle and high school groups, Chapel 1, 7 p.m. Call 8-5411 for more information.

Catholic schedule

Saturday: Mass, 5 p.m., Chapel 1; Sacrament of Reconciliation at St. Joseph's Church, 4 to 5 p.m.

Sunday: Mass, 7:30 and 10 a.m., Chapel 1; Sacrament of Reconciliation, 9:15 to 9:45 a.m., Chapel 1; there will be no Confraternity of Christian Doctrine until September.

Monday through Friday: Rosary, 11:10 a.m., Chapel 2; Mass or communion service, 11:30 a.m., Chapel 2.

Wednesday: Rite for Christian Initiation 7 to 8:30 p.m., Chapel 1.

Islamic schedule

Today: Prayer service, noon to 2 p.m., Building 3220, third floor-west; educational classes, 6 to 8 p.m., Building 3220, third-floor west.

Visit the chapel's Web site at www.dm.af.mil/chapel for more information.



Community events

Today: Colorama, 6 to 8 p.m., D-M Lanes.

Saturday: See Karchner Caverns with ITT; call 8-3700.

Monday: Community center Marketplace, 6:30 to 8 p.m.

Tuesday: Ladies golf clinic, 4:30 to 5:30 p.m.; call 8-3734.

Wednesday: Call the community center about guitar, piano lessons.

Thursday: D-M Lanes café opens 5:30 a.m. for breakfast; adult golf clinic, 4:30 to 5:30 p.m., call 8-3734.



On-base clubs

Officers Club

Today: Cook your own steak night, 5 to 8 p.m.

Saturday: Prime rib for two, \$19.95.

Sunday: Mini-brunch, 10 a.m. to 1 p.m.

Wednesday: Two ribeye steak dinners, \$12.95.

Thursday: Mongolian barbecue, 5:30 to 8 p.m.; \$8.95 for adults.

Desert Oasis Enlisted Club

Today: Karaoke, 8 p.m.

Saturday: Sports Bar opens at 5 p.m.

Sunday: Club closed; Cabana open.

Monday: Micro-brew specials after work.

Tuesday: Two-for-one steak night, 4:30 to 8 p.m.; Bingo starts, 6 p.m.

Wednesday: Dollar-off night.

Desert Inn closed

Starting Tuesday, the Desert Inn Dining Facility will be closed through Sept. 30. The 60-day closure is for a major plumbing project at the facility. Enlisted meal card holders and non-meal card holders will be placed on Basic Allowance for Subsistence at the 'rations-in-kind-not-available' rate of \$8.54 per diem. The flight kitchen will remain open. During the closure, the D-M Lanes Head Pin Café, the golf course's Eagle's Nest Restaurant and Cabana Pizza (carry-out) offer a 10 percent discount to all meal card holders. Services' meal cards can be picked up from first sergeants.

Through Sept. 30, the Head Pin Café will open for breakfast, weekdays, 5:30 to 11 a.m. The Eagle's nest opens daily, 5 a.m. to 4 p.m. Airmen, ranks E-1 to E-4, who join the Desert Oasis Enlisted Club this month and next get 10 Services Bucks when they sign up. Services Bucks can be used like cash at more than a dozen D-M Services locations. Monthly dues for grades E-1 to E-4 are just \$5.

For dining facility information, call the food service office at 8-3030. Get answers to pay-related questions by calling military pay at 8-5111.



Youth programs

Today: Preteen 3-on-3 hoops tourney; call the youth center, 8-8373; kids bowl all day for 50-cents a game, D-M Lanes, shoes extra.

Saturday: Preteens run obstacles, 6 to 8 p.m., youth center, call 8-8373.

Monday: Kids bowl free, 10 a.m. to noon, D-M Lanes (plus shoes).

Tuesday: Children's theater tryouts, Aug. 14, call 8-3717.

Wednesday: Youth soccer sign-ups, 5:30 to 8:30 p.m., youth center; youth crafts, skills center, 1 to 3 p.m., call 8-4385.

Thursday: Library preschool story hour, 10 a.m., call 8-4381.

Kids Week 2000

D-M's 4th Annual Kids Week is Aug. 7 to 12. This year's program is sponsored by the Officers Wives Club and Enlisted Wives Association.

All activities are free:

Aug. 7: Two games at the D-M Lanes, 9 to 11 a.m. (for the first 100). Shoes, snacks and beverage included.

Aug. 8: Movie at the base theater, 2 p.m.; first-come, first-served. Includes popcorn and soda.

Aug. 9: Golf clinic, ages 7 to 12, at the Blanchard Golf Course, 8:30 to 11:30 a.m., followed by lunch at the Desert Oasis Enlisted Club. Call 8-3734 by Thursday. There's a free kids meal, 1 to 3 p.m., at Burger King* and Teen Swim Night, 6 to 8 p.m., at the base pool.

Aug. 10: Golf clinic, ages 13 to 18, at the Blanchard Golf Course, 8:30 to 11:30 a.m., followed by lunch at the Desert Oasis Enlisted Club. Call 8-3734 by Thursday. Free kids meal, 1 to 3 p.m., at Burger King*.

*Tickets are needed for Burger King Wednesday and Thursday meals. Tickets are available starting Thursday, at Information, Tickets and Tours, Building 4430. ITT opens weekdays at 9 a.m.

Aug. 11: Mini-Carnival at the youth center, 9 to 11 a.m., with pop corn and beverage. Two games at the D-M Lanes on Friday, 1 to 3 p.m. (for the first 100), includes shoes, snacks and beverage.

Aug. 12: Teen night at the youth center, 7:30 to 9:30 p.m. with music, games, pizza and sodas. Registration starts Thursday at the youth center; call 8-8383.

Kids Week 2000 is dedicated to the memory of Nicholas Burch, who passed away earlier this year.

Most of the week's activities are not supervised. Children too young to be left alone must be with an adult at all times. Parents taking part in activities pay where applicable.



Family support

Today: Strengthening Your Stepfamily, 2 to 4 p.m., community center, Building 4201.

Tuesday: Resume Workshop, 8 to 10 a.m., community center; Time For Tots, 9:30 to 10:30 a.m., Chapel 1.

Wednesday: Smooth Move Seminar, 8 to 11 a.m., community center.

Thursday: Veterans Affairs benefit briefing, 9 a.m. to noon, community center; Funtime Activity Group, 9:30 to 10:30 a.m., Chapel 1.

Baby Basics

The next baby basics program for expectant mothers in their third trimester begins Aug. 8 from noon to 2 p.m. at Chapel 1. This session is presented by Pat Boyd, registered nurse. Boyd will provide information on basic infant care, growth and development. For questions or to sign up, call 8-5690.

Sponsor Training

The family support center conducts its next sponsorship class Aug. 9 from 9 to 10 a.m. in the community center. This mandatory one-hour class for new sponsors covers effective sponsorship and offers useful products and information for sponsors, unit Right Start/INTRO monitors and alternates. This is an excellent training for sponsors to help new members and their families move to base. Reservations are required. Call 8-5690.

Give Parents a Break

The next Give Parents a Break program is scheduled for Aug. 5 and 19 from 2 to 6 p.m. This program offers free childcare to active duty Air Force parents who need a break from the stresses of parenting for a few hours. Families who are eligible for this program include those where a parent is feeling stress due to military member being deployed, recently moving to base or unique circumstances or hardships. For more information or a referral, call 8-5690.

Couples Communication

Learn effective techniques for clear couples communication from 2 to 4:30 p.m., community center. To sign up or receive information, call the family support center at 8-5690.



Education services

University of Arizona bookstore

The University of Arizona bookstore is open on base each eight-week term for students to purchase textbooks. It is open July 31 through Aug. 4 from 11 a.m. to 5 p.m., Aug. 7 through 10, from 11 a.m. to 7 p.m., Aug. 11 from 11 a.m. to 5 p.m. and Aug. 12, from 7:30 to 10:30 a.m. The bookstore is located in Building 3200, Room 264. There is no phone in the bookstore; stop by the education center for information.

Troy State University

Troy State University offers three graduate programs: Master of Science in Management, Master of Science in Human Resource Management and an Executive Master of Business Administration. It is possible to complete the MSM or the MSHRM in one year. All classes are held on weekends. Come by the office in



2nd Lt. Danielle Burrows

Partners in protecting Arizona’s environment

(Left) David Esposito and (center) Richard Tobin, Arizona Department of Environmental Quality, met with (right) Col. Bobby Wilkes, 355th Wing commander, last week to discuss environmental issues common to Arizona and Davis-Monthan Air Force Base.

Room 256 at 5260 East Granite Street to discuss program requirements and to register for classes, or call 748-2625 for information.

Park University registration

Park University is continuing registration for the Fall I term, which begins Aug. 7. Please

note that in order to avoid late fee charge of \$20, registration and payment needs to be in our office no later than the Friday before the term starts for the on-site classes. For Internet classes, payment must be made at the time of registration. Call 748-8266 for questions.

Advertising



Movie theater

Tonight: Gone in 60 Seconds, (PG-13), 7 p.m.

Saturday: Dinosaur, (PG), 7 p.m.

Sunday: Gone in 60 Seconds, (PG-13), 7 p.m.

Gone in 60 Seconds (119 minutes). Nicholas Cage, Giovanni Ribisi. A car thief agrees to lead his gang one last time before they retire. They will attempt to steal 50 cars in one night to save his brother's life from the mob, with another gang aiming for the same heist and the police after them, too.

Dinosaur (84 minutes). Animated. Set 65 million years ago, an Iguanodon named Aladar is separated from his own species and raised on an island paradise by a clan of Lemurs. When a meteor shower plunges their world into chaos, Aladar and his family join a group of dinosaurs searching for safe, new nesting grounds.



Other agencies

Time change for physical exams

Starting Aug. 1, people requiring assistance at physical examinations and standardizations for personnel reliability program clearances, security clearances, overseas screening, retraining and special duty applications, scheduling of initial flight or occupational examinations may now call for an appointment to complete their paperwork. Appointments will be available Monday through Friday by calling 8-2731 or 8-2734 (Clinic hours are 7:30 a.m. to 4:30 p.m.). Please keep in mind some clearances may take up to 72 hours to process.

358th FS change of command

The 358th Fighter Squadron change of command ceremony is scheduled for Aug. 4 at 9 a.m. in Building 5430. Lt. Col. David Votipka will relinquish command of the 358th FS to Lt. Col. James Russell. Everyone is invited to attend. For information, call 1st Lt. Todd Wahl at 8-4453.

First sergeants needed

Master sergeants and above interested in being a first sergeant are needed at Davis-Monthan Air Force Base and throughout the Air Force. Call Chief Master Sgt. Ronald Kriete, 355th Wing command chief master sergeant, at 8-3319, for more information.

EWA meeting

The next Enlisted Wives Association meeting is Aug. 15 at 6:15 p.m. at the Desert Oasis Enlisted Club, Monte's room, with a social to follow. The theme for August is "Back To School". Call Dana Wakefield at 747-3461 for more information.

Thrift shop closed

The thrift shop is closed for the summer. It will reopen Aug. 1 at 9 a.m.

Safety Day

A local computer store will sponsor a Crime Prevention and Fire Safety Day for Davis-Monthan Air Force Base members and their families at the Williams Center Aug. 5 from 10 a.m. to 1 p.m. The center is located at 5340 E. Broadway Blvd., near the intersection of Williams and Broadway boulevards. Security forces will provide finger printing, crime prevention information, camouflage face painting and other activities. D-M fire department will provide activities and fire safety information. Call Jennifer McKee at 917-2116 for more information.

Toastmasters open house

The Desert Stars Toastmasters are having an Open House on Aug. 1 in Building 3200, Room 243 from 11:30 a.m. to 12:30 p.m. Toastmasters is a positive forum to work on communication and public speaking skills. A meeting will be conducted and visitors are invited to observe, to see if Toastmasters is right for them. Pizza and beverages will be served. Call contact 1st Lt. Jared Whatcott 8-3872 or Staff Sgt. Rita Dunar 8-3631 if you will be attending, so they know how much food to purchase.

AWC seminar

Applications are being accepted for the Air War College seminar. Applications need to be filled out on the Web at <http://www.au.af.mil/au/awc/enrolppr.htm> printed, signed and sent to the base education office. The seminar starts the week of Aug. 7. Call 8-5191 with questions.

NCO retraining program

During this fiscal year, there will be approximately 1,205 opportunities for NCO retraining into specialties with shortages. The formal NCORP will be announced upon completion of a multifunctional "red team" review of the Air Force's overall enlisted retraining program. At that time they will include guidance for involuntary retraining, if they do not meet their training objectives with volunteers. The target completion date for the "red team" review is Sept. 1 with formal announcement expected to follow within 30 to 45 days. Volunteers can also access www.afpc.af.mil/enlskills or www.dm.af.mil/355mss/mpf for retraining requirements. You will need to submit the retraining worksheet and the military personnel flight will schedule an appointment within three duty days. A workstation will be available in the MPF July 24. E-mail Tech. Sgt. Valerie Riley at valerie.riley@dm.af.mil with questions.

Advertising